

DCRC Group Fitness Classes

February 17- March 21, 2014

Fitness Studio 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 6:40a	Step Beth	Core & More Kara	20/20/20 Beth	Barbell Ann	Cardio Challenge Beth
7:30 - 8:25a	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne	PiYo Suzanne	Power Sculpt Suzanne
8:30 - 9:25a	8:30 - 9:15 HIIT Maria	Barbell Kerry	Power Sculpt Suzanne		Butts & Guts Suzanne
9:30-10:25	Turbo Kick & Sculpt Kelly	Total Body Workout Shelley	Zumba Jill	20/20/20 Kerry	Power Sculpt Suzanne
10:35-11:30	10:45-11:40 *Zumba 4 Any Body* Sally	*Hatha Yoga* Leslie	10:45-11:45 *Senior Yoga* Sally	*Hatha Yoga* Leslie	Barbell Sally
12:00-12:55	12-12:45p Butts&Guts Kerry	Zumba Jill	Barbell Ann/Sally	Zumba Jill/Vicki	Barbell Mollie
					1:05 - 3:05p *Line Dancing*
	2:30 - 3:30p *PM Yoga*				
5:30 - 6:25p	Power Sculpt Suzanne	20/20/20 Kerry	Power Sculpt Suzanne	INSANITY Maria	Zumba Amanda M
6:30-7:25p	ZUMBA Vicki	*Hatha Yoga Leslie	ZUMBA Belinda	*Hatha Yoga Leslie	*Karate/ Self Defense
7:30 - 8:25p	7:35 - 8:30 Barbell Becky	7:35 - 8:30 Butts&Guts Renee	*Karate/ Self Defense	*Zumba 4 Everyone* Hilary	

Classes with an (*) are program classes that run in sessions. See a DCRC Brochure for class times and fees.



Fitness Studio 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Spin(55) Ann/Lauren		Spin(55) Lauren		Spin(55) Stacey
PiYo Suzanne		8:30 -9:25a *Pilates(B)* Carol		8:30-9:25a *Pilates(I)* Carol
Power Sculpt Suzanne	Spin(55) Mollie/Stacey	*Pilates(I/A)* Carol	Spin(55) Ann	*Pilates (ADV)* Carol
10:35-11:30 *Mat Pilates Kelly	10:45-11:45 *Functional Fitness* Sally	10:30-11:25 *Pilates(I)* Carol	10:45-11:45 *Functional Fitness* Sally	10:30-11:25 *Pilates(B)* Carol
12-12:45p Spin(45) Julie	12- 12:45p *Pilates Express* Sally	12- 12:45p Spin(45) Julie	12-12:45p *Pilates Express* Sally	12-12:45p Spin(45) Richard
1-3p *Shamrockettes*				1:30 - 2:30p *Adaptive Yoga* All Kidz Yoga
		4:30 - 5:10p *Zumba Kids* Chauntel		
	5:30-6:25p *Pilates(I)* Carol	5:15 - 6:15p *LaBlast* Chauntel	5:30-6:25p *Pilates(B) Carol	
6 - 6:45p Spin(45) Lori	6:30 - 7:25p *Pilates(I/A) Carol	6:30 - 7:15p Spin(45) Ellen	6:30 - 7:25p *Pilates(I) Carol	
7 - 7:55pm *Barre Workout* Carol		7:30 - 8:30p		
	7:45 - 8:40p Spin(55) Kelly B	*Power Flow Yoga* Loretta	7:45 - 8:40p Spin(55) Lori	

Saturday	
Studio 1	Studio 2
8:15 - 9:10a Barbell Kerry	8:30 - 9:30a Spin(60) Lori
9:15 -10:15a Zumba Belinda	
10:30-11:30a Zumba various	
10:30-11:30a Total Body Workout (in Gym) Renee	
12:30-2:30p *Irish Dance*	

Sunday	
Studio 1	Studio 2
8:30 - 9:15a Core& More Julie	8:30 - 9:30a Spin(60) Bill G
2-3:30p *Line Dancing*	
4:30 - 5:30p Barbell Becky	
6-7pm ZumbaToning Angie	

Group Exercise Class Descriptions

Group Fitness Classes: <i>All Classes require either a Group Fitness pass, trial pass or separate class registration</i>	
Barbell	A strength building class designed to work each major muscle group using barbells and plates set to motivating music.
	M7:35p TU 8:30a, W 12p, TH 5:45a FR 10:35a, 12p SA 8:15a SU 4:30p
Butts & Guts	This toning class concentrates on strengthening the glutes and abs! M 12p TU 7:35p, FR 8:30a
Cardio Challenge	An interval style cardio/strength class that will have you running, jumping, squatting and sweating! FR 5:45a
Core & More	A class designed to work your abs and core in new and challenging ways...and more!! SU 8:30a, TU 5:45a
HIIT	High Intensity Interval Training- An intense cardio workout with short periods of rest. Mon 8:30am
INSANITY	A heart pumping, muscle shredding, sweat dripping, high intensity cardio workout. TH 5:30p
PiYo	A great combination of Pilates mat work and Yoga stretches and poses. M 8:30a, TU 7:30a, TH 7:30a
Power Sculpt	Tone-up and build muscle through this no-impact strength program using a variety of equipment.
	M 7:30a, 9:30a, 5:30p WE 7:30a, 8:30a, 5:30p FR 7:30a, 9:30a
Step	A classic, high intensity cardio class using a Step platform and great choreography. M 5:45a
Total Body Workout	Challenge yourself with this athletic based cardio&strength class for a Total Body Workout! TU 9:30a, SA 10:30a
Turbo Kick & Sculpt	A fast-paced kickboxing workout set to the hottest dance music followed with sculpting exercises. M 9:30a
20/20/20	Mix it up with 20 min. of Step/Bosu, 20 min.of Kickboxing and 20 min.of sculpting/abs. TU 5:30p, WE 5:45a, TH 9:30a
Zumba	This fusion of Latin and international dance rhythms will have you moving and smiling as you get in shape!
	M 6:30p, TU 12p, WE 9:30a, 6:30p, TH 12p, FR 5:30p, SA 9:15a
ZumbaToning	Use very light weights or marac-like toning sticks to enhance rhythm and tone all the target zones including arms, abs and thighs.
	SU 6pm
Spinning (Indoor Cycling) Classes: <i>Use your Group Fitness Pass or trial pass. If you are new to Spinning please arrive 5-10 minutes before class start time to learn proper bike set-up.</i>	
Spinning (45, 55, 60)	A 45 - 60 minute calorie-burning indoor cycling workout completed with cooldown and stretching.
	M 5:45a, 12p, 6p TU 9:30a, 7:45p WE 5:45a, 12p, 6:30p TH 9:30a, 7:45p FR 5:45a, 12p SA 8:30a SU 8:30a
All classes denoted with an asterisk (*) are specialized, progressive classes that require a class fee and run on 4 - 6 week schedules. Check the DCRC Brochure or website www.dublin.oh.us for class descriptions, class schedules, and fees.	
Barre Workout	Strengthen and lengthen your muscles using the ballet barre and basic ballet moves. M 7pm, TH 8:30am
*Functional Fitness	A fitness class designed for active older adults to build strength, balance and coordination. Tu & TH 10:45a
*Hatha Yoga	The ancient art of Hatha Yoga increases flexibility and strength while reducing stress and tension. Tu 10:35a, 6:30p TH 10:35a, 6:30p
LaBlast	A dance fitness class combining a variety of dance styles and music. No dance experience or partner needed! We 5:15p
Line dancing	Learn some fun line dances while keeping in shape. Pay by the class at the DCRC front desk. FR 1:05p, SU 2p
Mat Pilates	Develop and maintain a strong, healthy core without a Pilates reformer machine. M 10:35a
*Pilates	Using the Pilates Reformer machine, this class helps build balance, strength & flexibility. See brochure for class ability levels.
PM Yoga	A relaxing Yoga class to help you rejuvenate and re-energize your day. M 2:30p
*Power Flow Yoga	A flowing yoga class designed to develop strength, endurance, flexibility and balance. W 7:30p
Tween Yoga	A Yoga class especially for youth ages 9-12. M 4:15p
*Senior Yoga	A yoga class designed especially for seniors. W 10:45am
Zumba Kids	A Zumba class especially for ages 5-10. We 4:30p
Zumba 4 Any Body	A fun way to dance your self into shape! Slower paced, designed for seniors and those newer to Zumba. M 10:45a
Zumba 4 Everyone	A Zumba workout but with more instruction on the steps and rhythms included - a separate pass is required. TH 7:30p

Instructors

Andrea Ashley
 Peg Baun
 Julie Borghese
 Kelly Butler
 Laurie Collins
 Maria Cramer-Kirkpatrick
 Jill D'Ooge
 Vicki Federico
 Hilary Frambes
 Leslie Gabbard
 Ellen Georgeoff
 Sally Gill
 Lauren Glovac
 Bill Guthery
 Belinda Gutierrez
 Angie Hise
 Chauntel Horaney
 Richard Johnson
 Elizabeth Katsares
 Carol Laymon
 JoAnn McDaniel
 Bruce McVeety
 Amanda Messmer
 Renee Phillips
 Beth Politz
 Aubrey Poppel
 Becky Riger
 Kara Schooley
 Kerry Sobieski
 Mollie Steiner
 Kelly Stone
 Lisa Strickland
 Amanda Turner
 Suzanne Walker
 Shelley Ware
 Stacey Wellman
 Lori Wolfe
 Ann Young
 Loretta Zedella